**ASSESSMENT TYPE 1: THE FOLIO PROPOSAL**

**TOPIC: Does lack of sleep affect a student’s ability to learn?**

**My Topic**

Since the end of Year 11, I have been considering many different topics for my Research Project. I had ideas ranging from photography, internet security and architecture because they were areas I was interested in. After some consideration, I realised that I did not want to investigate these areas any further due to the fact that I have already explored them in the past. One night during the summer holiday, I found that I was having difficulty in sleeping. This brought upon an idea of finding out how people fall asleep and what affects our cycle of sleep. Once I had started Year 12 and started my Research Project class, I began investigating the idea of *sleeping disorders* and found out that this is was a current and very common issue amongst Australians. After further investigation of the topic, I began to realise that *sleeping disorders* was a very broad topic and aimed to narrow down my area of focus. After some brainstorming, I decided to refine my topic question so that it would focus on student’s learning and came up with “Does lack of sleep affect a student’s ability to learn?” I chose this area of focus in hope of finding information to assist my fellow students in learning, based on the conclusions I come up with at the end.

**Research Processes**

To gain a solid foundation on my topic, I plan to begin my secondary source research on the current issues and knowledge about the effects sleeping has on learning. On the internet, I have gained access to a marvellous utility called Ebscohost, which is an online database that lists all the current articles around the world. In addition to the internet, I have visited my local library and found some books which will assist me in understanding how sleeping works and from there help me construct research questions. After I gain knowledge about my topic, I will gather professional information from primary sources. I will interview specialists who work in this area and also conduct surveys for teachers and students so that I can find out the issues or concerns that they are having. I plan to test methods and techniques that I learn from specialists on myself, to see if it affects my personal ability to learn.

During my research, I will need to consider several ethical aspects concerning the people I work with. I will need to maintain the confidentiality of the people I survey, get formal consent to interview the specialists that I talk to and have permission to use the information that I gather.

In order to keep track of my research, I plan to keep an online journal through Wikispaces. This journal will contain all of my thoughts, reflections and information that I encounter during my research.

**Chosen Capability**

The capability which I believe will improve during my Research Project is personal development. The reason I have chosen this capability is because I believe that in order to achieve and gain the best information needed to complete my project, I will need to take upon a range personal challenges, such as developing the communication skills required to interview the specialists who will give me professional information.